



# **2018-19 COMPETITIVE TEAM PARENT AND GYMNAST HANDBOOK**

## **Richland Center**

1030 E. Kinder St.  
Richland Center, WI 53581

## **Prairie du Chien**

1890 E. LaPointe St.  
Prairie du Chien, WI 53821

## **Mauston**

249 E. State St.  
Mauston, WI 53948

## **Waukon**

710 Rossville Rd.  
Waukon, IA 52172

## **Sauk Prairie**

Fall-Spring: Grand Ave Elementary School  
Summer: Sauk Prairie Middle School

## **Livingston**

940 County Rd E.  
Livingston, WI 53554

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## TABLE OF CONTENTS

Welcome to TNT Gymnastics .....	3
Overview of Competitive Gymnastics.....	3
Level Explanation.....	4
Tuition.....	5
Refund Policy .....	5
Payment Methods .....	5
Penalty Fees .....	5
Closings .....	5-6
Discounts .....	5
Private Lessons .....	6
Booking Procedure .....	6
Team Expenses .....	6
Uniform.....	6
Choreography Lessons.....	6
Coaching Fees.....	7
USAG Membership.....	7
Meet Entry Fees.....	7
Travel Accommodations .....	7
Practice Guidelines for Gymnasts .....	7
Dress Code .....	7
Communicable Infections .....	7
Attendance and Commitment.....	7-8
Behavior and Attitude .....	8
Food and Drinks.....	8
Open Gym.....	8
Rips and Grips .....	8-9
Injuries.....	9
Meet Guidelines for Gymnasts .....	9-10
What to Wear .....	9
What to Bring .....	9
Behavior and Sportsmanship .....	9
Community .....	9-10
Entering the Competition Area .....	10
Awards Ceremony .....	10
Parent Conduct .....	10-11
Meet Conduct for Parents.....	11-12
Championship Qualifiers.....	13
Level Advancement .....	13-14
Practicing with Team and Leaving the Gym.....	14
Important Information.....	15

## **Welcome to TNT Gymnastics**

Welcome and Congratulations! As you know, your child has been selected by our staff to join the TNT Gymnastics Competitive Team. This program is intended for children who want more out of the sport than can be achieved through recreational gymnastics. Being a member of any team requires more dedication and commitment on the part of the child, the parent, and the coaching staff. This booklet was designed to give our prospective and current team members a complete understanding of our expectations and guidelines as to how our team program operates. At TNT Gymnastics, we strive to create a safe and supportive atmosphere for all our families through guidance, honesty, and communication. Once more, we are delighted to welcome you to the TNT family!

## **Overview of Competitive Gymnastics**

Our women's gymnastics program operates under the rules and regulations of USA Gymnastics, the sole national governing body for the sport of gymnastics in the United States. We believe that gymnastics is the root of all sports. Its basic components aid in the physical development of every child and contribute to the foundation of a productive life. In addition to physical advancement, we seek to instill life skills and character traits, such as determination, work ethic, time management, leadership, sportsmanship, discipline, respect and confidence, through the participation in this program that will serve our students well throughout their lives. It is the mission of TNT Gymnastics to provide an encouraging environment to where each gymnast can thrive in a safe and challenging atmosphere. Team is a year round commitment in which athletes must practice, varying by level, a required number of days per week, train and execute required skills, learn and memorize routines, and demonstrate them simultaneously at competitions. Gymnasts who are selected for Team must display that they are mentally capable of this program, have potential to succeed, are individually motivated to learn, and are dedicated to the sport. In addition, they are selected not just as a team member, but also a role model and leader both inside and outside the gym. Finally, a gymnast cannot succeed without the support of her family. They must also be committed team members and be financially equipped to pursue this program. While being a member of the TNT Gymnastics Team is admirable; please note that this opportunity is a privilege, and not a right.

We will always run a structured, disciplined program, as it is our belief that gymnastics is far too dangerous and costly to have training be considered just an opportunity for socializing. Our staff will demand respect and a strong work ethic from every athlete. We will enforce proper respect, attitudes, and manners at all times. Our objective is to see to it that every athlete who participates in our program receives the same quality instruction regardless of ability. Athletes will be treated with respect and provided positive guidance in order to help them reach their goals. We coach athletes to value not only gymnastics, but relationships, character, education and positive life influences. We, as coaches, measure our success by what each child takes with them when they leave the sport.

We strive to create a family-oriented environment. The coach, athlete and parent must all be supporting members of a cooperative communication triangle engaged to assist the athlete in reaching her goals. Parents can support coaching decisions by clarifying concerns with a coach

in an open and caring way. It is important that parents show respect for the authority of your child's coach. Know that our doors are always available to you should you ever feel the need to carry a concern to our coaches. We take all concerns and suggestions very seriously. The staff at TNT Gymnastics understands that we must shoulder the major responsibility of being a role model for our athletes as they are major contributors in the overall development of your children. This is a responsibility that we do not take lightly. TNT Gymnastics would like all our Team families to know how much we appreciate your support. We have become very close to many families involved in our programs and sincerely hope to build even more lasting friendships in the future. With that said, we must also remind you that we are running a business and like any successful business, there are established policies regarding payment for services rendered.

### **Level Explanation**

**Pre Team** serves as a bridge to our Competitive Team. Although Pre Team is not part of Team, due to the nature of this program, members may be eligible to earn competitive opportunities prior to joining Team. This will be decided on by our coaching staff and will be determined by the progress, readiness, and commitment of each gymnast. Pre Team practices a minimum of 1 ½ - 2 hours per week.

**Level 4 and 5** are compulsory levels that continue focusing on fundamental skills and technique by building upon skills at the previous levels. Each athlete performs the same routine to a prescribed criterion. She who performs closest to the criterion scores the highest. Level 4 and 5 athletes practice 12 hours per week.

**XCEL** is a broad-based, alternative track to the traditional JO program. It is designed to attract and retain a diverse group of athletes while continuing to help them develop and improve their skills. The Xcel Program is broken down into 5 completely optional levels: Bronze, Silver, Gold, Platinum, and Diamond. Xcel bronze gymnasts will all compete the same TNT-designed routines at competitions. Xcel silver, gold, platinum and diamond will be able to design their own routines with the help of a choreographer. Xcel bronze and silver practice 2 to 6 hours per week and gold-diamond practice 3 to 9 hours per week.

**Level 6 and 7** is the transition into Optional levels. Optionals obtain choreographed routines designed to suit her individual strengths and away from her weaknesses; yet, they must include certain required elements. The gymnast who performs the required elements with the greatest amplitude, form and style will score the best. Level 6 and 7 practices 16 hours per week based on their individual practice needs, skill levels, and desired level of commitment. Moving to Level 7 is by coach discretion & the gymnasts' skill level – not by a particular score.

**Level 8** is an optional level in which your gymnastics career really begins to evolve. Getting to this point is extremely difficult. These levels have increased expectations, conditioning, and skills. Level 8 athletes practice 20 hours per week.

**Level 9 and 10** are the highest levels of the JO program. These athletes have the opportunity to qualify and advance from State to Regional Championships and based on placements at

Regionals, they also have the opportunity to advance to Nationals. Qualifying to Nationals is a high honor in the sport of gymnastics as it offers exposure to college scouts. It is at these levels that the girls start thinking towards their future careers and college scholarships. To be a Level 9 and 10 gymnast is an honor in itself, as these athletes must train exceptionally hard to achieve this level. These dedicated athletes practice a minimum of 24 hours per week.

**TOPS** stands for Talent Opportunity Program. It is a nationally recognized program designed specifically for athletes that show exceptional potential in strength, flexibility, form, and technique. The TOPS program is extremely demanding and requires a higher level of commitment. Due to the nature of this program most gymnasts experience an increased rate of progress in the sport. While age is a primary factor for candidates chosen for this program, it is not required. Candidates must show a superior level of ability in these areas and meet our attitude requirement. While TOPS is an excellent program for some athletes, it is not for everyone, and it is not the only way to high level gymnastics. Please know that ALL of our Team members practice, perform, and incorporate TOPS training during Team practices. We are currently looking and learning more about this program and will ONLY be a selective group of gymnasts by the coaches.

### **Tuition**

**TUITION**: Payments are due the 1st of every month for the following month. The months of September, December and March & May have a 25% discount due to only having 3 class weeks those months. Per your convenience, tuition has been divided into smaller monthly payments, but you can pay in full for the session or pay in full for the entire year (June-May for 10% discount). If you pay in full for a session with cash you can receive a 5% discount. Our tuition rate per hour is drastically less than our recreational programs and lower-cost than other quality competitive programs across the state. All payments are accepted and encouraged prior to their deadlines.

**REFUND POLICY**: TNT Gymnastics does not offer refunds for any reason nor do we pro-rate for missed training sessions. A medical note from a doctor must be turned in to receive future credit due to injuries.

**PAYMENT METHODS**: Cash or check is preferred. Credit card payments are accepted online. Payments are not accepted over the phone.

**PENALTY FEES**: Payments made after the 7th of the month result in a \$5 late fee. Returned checks incur a \$35 fee. No exceptions.

**CLOSINGS**: You can expect a number of gym closings due to competitions, holidays, and inclement weather. Holiday closings have already been figured into tuition. Competition cancellations will be determined when the schedule is received. In cases of inclement weather, we do not close with any one school district (check our website, social media sites, radio or by calling 608-279-9913 for closings). TNT will offer a make up day for any day TNT cancels up if the make-up gets cancelled more than two times we may have to forgo the make-up date due to

scheduling conflicts. If you're unable to make-up on that day you can schedule another make-up day within 2 weeks of the missed day, but there will be no refunds or credits given for any reason.

## **Private Lessons**

Private lessons are individual lessons between a coach and a gymnast. Private lessons may be 30-120 minutes in length and may be scheduled based on coach availability. Xcel bronze level and under should not exceed 1 hour.

**BOOKING PROCEDURE:** A google doc will be posted on our website at [tntgymnasticswi.com/private-lessons](http://tntgymnasticswi.com/private-lessons) the last day of the month for the next available month's private lessons (March 31 for May's openings, April 30 for June's openings, etc). Please contact [tntgymwi@gmail.com](mailto:tntgymwi@gmail.com) to be added to the private lesson google doc. Under NO circumstance are you to contact a coach outside of the gym. Private lessons are first come, first serve. Discussing a day and time does NOT officially book your lesson. Private lessons are CASH/CHECK ONLY, paid directly to the coach. Fees vary among coaches – see google doc for more info. Google doc If you do not show up for your scheduled lesson or cancel under 24 hours in advance, you must still pay your payment and your lesson will not be rescheduled.

## **Team Expenses**

**UNIFORM:** Xcel gymnasts will wear leotards for 2 years and wear the warm-up set for 4 years. The Xcel team will purchase newly designed leotards on even years (2020, 2022). The J.O. team will purchase newly designed leotards on odd years (2019, 2021). You are responsible for the care of your items. Lost/damaged items will need to be replaced at your expense. Follow all washing instructions. Avoid getting hair spray/deodorant directly on your garments. You will be fitted appropriately.

**CHOREOGRAPHY LESSONS:** Gymnasts typically keep their routines for two competitive seasons. It is your responsibility to tell your coach when you need a new routine. Music must be selected, approved and e-mailed by the end of August. Due to the time necessary to create these routines, routines will be learned within the months of August - November. These fees are to be paid to your routine choreographer, not TNT Gymnastics. They are for members and non-members (\$15 fee added for non-members).

Effective June 1, 2019 cost for choreography lessons are as follows:  
\$175 Xcel Plat./Diamond & Level 6-10 & High Schoolers (2 hours)  
\$125 Xcel Silver-Gold (1 1/2 hours)

\*\*Depending on the child, the routine may or may not be completed at the end of the lesson. Additional time may be requested or scheduled at a later date to finish routine--contact Danielle for questions.

**\*\*Choreography lessons can only be scheduled with select TNT coaches: Danielle, Tracy, Madeline & Maly. You can also outsource other choreographers if you wish.**

**USAG MEMBERSHIP: \$59 (Level 4-10), \$27 (Xcel) - Due August 1** We are a USAG Club Member and compete in USAG sanctioned competitions. Gymnasts must be a registered Member in order to participate in these competitions. Level 4-10 & Xcel Gold-Diamond must get an Athlete Membership. Xcel will get Introductory Athlete Memberships. This membership lasts for one season, you must order this and pay for it directly on the USAG website – I will e-mail you the link. Price subject to change.

**MEET ENTRY FEES: \$125-160 per meet - Due dates vary (September thru March)** Entry fees vary by level and meet. It is your responsibility watch deadlines. A minimum of a \$15 late fee will apply per meet, if accepted. It is up to YOU as parents, to watch the deadlines and to get registered on time.

**TRAVEL ACCOMMODATIONS:** Travel accommodations are made at the discretion of each family. Host gyms set up “host hotels” at discounted rates (this info will be linked on our website as it becomes available).

## **Practice Guidelines for Gymnasts**

**DRESS CODE:** Leotards are to be worn to every practice. Absolutely NO street clothes. Enter and exit the gym with clothes over of your leotard. Due to limited changing areas, gymnasts should arrive dressed in their leotard before entering the gym. No shorts two weeks before any competition, whether you are attending or not. Hair is to be pulled back neatly out of your face.

**COMMUNICABLE INFECTIONS:** Notify the gym manager/coach immediately if you have any open wounds, cuts, blisters, etc., and they must be covered at all times. Infections such as warts, athlete’s foot, impetigo, ring worm, etc. must be covered and in the process of being treated. If you are febrile, have pink eye, lice, etc. you are not permitted enter the gym. These are all highly contagious! Help keep our gym clean and safe.

**ATTENDANCE:** You are assigned a minimum number of days that they are required to practice per week. Arrive on time and stay until dismissed. If you need to come late/leave early, you are to notify the gym. Missing a significant amount of practice before a competition can result in you scratching the meet and forfeiting the entry fee. Gymnastics is a sport built on consistency and muscle memory, therefore, this decision is necessary to ensure the safety and well being of the gymnast. This is for the benefit of your gymnast as well as her safety.

**COMMITMENT:** Success in gymnastics requires hard work, determination and commitment year round. While we do support other activities, typically the participation in too many activities can result in inconsistent successes, an increased chance of injuries, and can show a lack of commitment to your teammates and coaches. There are times where personal sacrifices and

compromises need to be made. This is not saying that gymnastics should consume your life. TNT Gymnastics realizes that family, academics, and religion must all be priorities. Ultimately, we hope our athletes learn to budget their time when other activities arise.

**BEHAVIOR:** You are expected to exhibit moralistic behavior and to try your best at every practice. Be polite and respectful toward all your coaches and teammates. Ask permission to leave the gym for any reason, including getting a drink or using the restroom. Walking away from a coach, back talking, arguing, aggressive behavior, eye rolling, profanity, inappropriate discussions, etc. are forms of disrespect and will not be tolerated. Be aware that your words and actions directly reflect you, your family, and the TNT Gymnastics Team. This is all we will ever ask of you and what you should demand of yourself.

**ATTITUDE:** Gymnastics isn't easy, but adopting a negative attitude is. It's easy to blame others and make excuses. Never say things like "I don't want to" or "I can't". TRY what your coaches are asking of you. Do the drills. Put in the work. Stay positive and stay motivated. Gymnastics requires strong-minded, determined attitudes to overcome all the failed attempts before finally landing a skill. Trust the process. It requires hours upon hours in the gym in order maintain, progress, and reach success. Fear is normal. Tell your coach if you are afraid. Be patient with yourself. Listen and trust your coaches, they are here to help you succeed!

**FOOD AND DRINK:** Nutritious meals both before and after workouts are essential to your training. Do not eat during practice. Drink WATER during practice. No flavored or carbonated drinks are permitted inside the gym. Label your water bottle. We do not have a water fountain in the gym. ABSOLUTELY NO GUM CHEWING IN THE GYM.

**OPEN GYM:** Skills that have not been taught and practiced on a regular basis are not to be attempted during open gym. It is designed to work independently on your current skills while having fun with your friends. This is for your safety. Your coaches are not there to supervise you to make sure that you are safe.

**RIPS AND GRIPS:** Rips are 100% inevitable. They are caused due friction between the hands and equipment. To treat rips you should wash hands with warm water and soap, cut off excess skin around the rip, and let air out as much as possible. When you get a blood rip or blister, it needs be covered during practice. Although speculated, grips DO NOT prevent rips. Grips are used to enhance a gymnast's grip on the apparatus. Grips are optional and are not used by all gymnasts. They are NOT required for any level. Getting grips varies from gymnast to gymnast. This decision is to be made with you and your coach. If you have reached the point where you are performing a lot of swinging elements, such as clear hip circles or giants, grips can help you stay securely on the bar and perform these skills with more confidence. However, other gymnasts would rather not wear grips at all, and they perform very successfully without them.

### **Practice Guidelines for Gymnasts (Cont'd)**

Grips stretch out and can rip, therefore, those who wear grips should break in a new pair after each competitive season. Your grips are your responsibility, not your coaches or teammates.

**INJURIES:** If your gymnast is injured, do not assume she cannot practice. In most cases, gymnasts can continue practicing doing modified workouts including stretching, conditioning, flexibility and whatever else is possible while recovering. The less time out of the gym, the better. We reserve the right to review each gymnast's situation and determine what is in the child's best interest. Doctor notes of injuries and medical releases to return must be turned into the front desk.

**LATE PICK UP:** Please drop your child off for their class on time – please do not expect the coaches to babysit your child before or after class. If you are more than 15 minutes late for pick up there will be a \$20 fee charged to your account.

## **Meet Guidelines for Gymnasts**

**WHAT TO WEAR:** Arrive in your leotard and warm-ups. Hair is to be neat and secured tightly so it won't fall or need fixing (preferably in a bun). Use hair pins, clips, and hairspray to keep hair in place. You must wear your team scrunchie that comes with your leotard. **NO JEWELRY OR NAIL POLISH.** Undergarments must match your skin tone and must be completely hidden under the leotard at all times. These are all cause for deduction.

**WHAT TO BRING:** In your team bag you should bring a spare leotard, team flip flops (to be made by parents/boosters club), tape/pre wrap, band aids, water bottle (no colored drinks/pop), hair ties/clips, hair spray, brush/comb, grips (if necessary), and a snack. Optional levels should carry two pairs of grips (just in case) and a spare copy of their floor music. **DO NOT** use your team bag as a suitcase if you are staying overnight. Everything in your bag needs to be easily accessible during a meet.

**BEHAVIOR AND SPORTSMANSHIP:** Being a member of the TNT Gymnastics Team is a privilege, not a right. This invitation is not to be taken for granted. Gymnasts are expected to present themselves in the highest standard. Be courteous and respectful, not only to your own teammates and coaches, but to ALL the competing gymnasts, their coaches, parents, spectators and judges. You are expected to watch and support all of your teammates. Your attitude and how you carry yourself is important. If you mess up, do not let it get to you, don't cry and don't take it out on your teammates or coaches. You must learn to pick yourself up and move on before it affects your other events, or your teammates' performance. Negative attitudes, hysterical behavior, arrogance, and connotative gestures or comments are unacceptable and do not represent TNT Gymnastics in a positive manner. This type of behavior will not be tolerated and you will be removed from the competition immediately.

**COMMUNITY:** Gymnastics is an individual sport and a team sport; however, gymnastics is also a very small community. In this community the parents, coaches, judges, and gymnasts must stick together for the sport to thrive. We expect this logic and behavior to be exhibited by everyone in and out of the gym, and especially at competitions. Many times at meets we rotate with other teams from different cities, states, or counties. You are expected to be encouraging toward all other gymnasts and teams. Upon reaching high levels of gymnastics the "fish pond"

grows significantly smaller. Many optional level gymnasts compete alone, or with few teammates, and with considerably less people in the stands supporting them. Other gymnasts, teammates or not, understand all the hard work, fears, and frustrations that you endure on a daily basis. Of course we want our gymnasts and teams to be successful; however, we also aspire to create reputable young people who will become respectable adults with strong values. For this reason, it is important that everyone sees the big picture and comes together to view the sport as the community that it is.

**ENTERING THE COMPETITION AREA:** Gymnasts will enter the gym with their coach at their listed stretch time. You may not leave the gym area for any reason other than to use the restroom, in which you must ask permission. You may not interact with family during the competition for any reason. Parents are NOT allowed into the competition area at any time.

**AWARDS CEREMONY:** After competing, you will go to awards and seated with your team. Be attentive and respectful. You are required to stay at awards until the entire awards ceremony has ended.

### **Parent Conduct**

1. Make every effort to have your gymnast to practice ON TIME. If you're going to be late or need to pick up early, you should notify the gym.
2. Encourage your athlete to have good diet and sleeping habits.
3. If you need to reach your child during practice, you should call the gym. Gymnasts are not permitted to use personal cell phones during practice hours without permission.
4. Should you need to speak with the gym or your child's coaches, you must use the TNT Gymnastics email or phone number. DO NOT CALL OR TEXT COACHES ON THEIR PERSONAL CELL PHONES FOR ANYTHING INVOLVING TNT GYMNASTICS.
5. Parents and spectators are not permitted to enter the gym area for any reason.
6. Flash photography is prohibited for the safety of all gymnasts and coaches.
7. It is not in the best interest of your child to sit through every lengthy practice. It adds unnecessary pressure to your athlete and can be detrimental to her progress.
8. Abstain from "coaching" your child at home. Parents who make technical corrections create a conflict between the gymnast and coach. It is imperative that gymnasts do not question her coaches.
9. Never speak negatively about your child's coach. It greatly affects your gymnasts training and progress. It also demonstrates that you don't trust her coach and, therefore, becomes a learned behavior that is mirrored back to the coach by your child.
10. Do NOT compare your child to other gymnasts. Every gymnast and situation is different.
11. DO NOT GOSSIP AMONGST OTHER PARENTS! Team parents are expected to be advocates of the gym and its coaches. Set a good example to other parents and more importantly TO YOUR CHILD! Bring any concerns directly to the main office. There is never a positive outcome from gossiping and it can only cause harm to everyone involved.
12. Do NOT make assumptions and do NOT take things personally.

13. Do NOT verbally abuse the gym, its coaches, and facility yet remain in the program. Be supportive of your gymnast, her coaches, her gym, and her sport.
14. Do NOT negatively discuss the finances of the sport with your gymnast. While children should learn responsibility, they are also very intuitive. Children who believe their sport is becoming a financial burden to their family can lead to the decision to give up before having a chance to be successful.
15. Do NOT talk in a way that inflicts blame or guilt based on how your athlete performs.
16. Families should give their athlete positive encouragement, support, and unconditional love. Children need to feel this acceptance when they are victorious, and even more so when they are defeated. Gymnasts need to be able to take chances, whatever the result. Some kids don't handle pressure well, so don't send the message that they have to win in order to receive your love. Athletes who know defeat or have performed poorly already feel bad. Let your child know you believe in them and their abilities. The important thing is, they did their best, and that eventually, they will get even better.
17. Turn each and every defeat into a learning opportunity. With each endeavor you start as a beginner and learn proficiency from the mistakes you make. Mistakes happen to everyone. Successful people learn from their mistakes as they know the difference between a productive failure and a nonproductive success. In a productive failure, you don't achieve your objective, but you come away with new knowledge and understanding that will increase your chances of success next time. A nonproductive success occurs when you achieve your objective, but you're not sure what it was you did right. You can build on productive failures. You can't build on a non-productive success. The more chances you take the more productive failures you will experience and the more you will learn!

### **Meet Conduct for Parents**

1. A tentative meet schedule will be available by June each year with dates, locations, costs, and deadlines. Information will be added as it becomes available. Competition season runs approximately December - April for most of our athletes. The J.O. level 4-5 gymnasts will compete September - December, also.
2. You are not required to be there the entire meet weekend. Each level will be assigned a "session" on one day over the weekend. Each session lasts approximately 4-5 hours.
3. Final information regarding your gymnast's session is usually NOT available until two weeks prior to the actual meet date. DO NOT CALL the host gym for meet information. Once we receive it, it will be posted at the gym, our website, and an email will be sent out, so please refrain from e-mailing us to ask when the schedule will be available.
4. Meets that take place in major cities may incur parking fees. Prepare to pay admission at each competition (cash only). Admission fees typically range from \$5-\$15 per person.
5. Gymnasts are to arrive at the CHECK IN TIME. Check in time is for the gymnasts to check in, parents to pay admission, pick up your meet gift, use the restroom, familiarize with the venue, and find seating--usually 15 minutes earlier than the open stretch time. Gymnasts should find their team and sit together. Again, this check in time is for the gymnasts and families only. Your coach is NOT required, nor compensated, to be

present at this time. Coaches will pick the gymnasts up slightly before the OPEN STRETCH TIME and take them into the competition area where they will begin their warm up.

6. Gymnasts must stay with their team at all times during the meet. Gymnasts are not permitted to interact with parents, siblings, or spectators throughout the entire competition. Parents should refrain from distracting their children during competitions.
7. USAG Rules state that parents and spectators are NOT PERMITTED in the gym area for any reason. Defying this rule can result in disqualification of the gymnast and even the team!
8. NEVER APPROACH A JUDGE OR MEET OFFICIAL before, during, or after a meet (via phone, emails, or social media). Questions or concerns can be answered by your coach.
9. NO FLASH PHOTOGRAPHY is permitted at USAG sanctioned competitions. This is for the safety of all gymnasts. Turn off all flashes on phones, cameras, etc. before the meet begins. Judges and coaches will stop a meet to reprimand anyone disregarding this rule.
10. Never speak negatively about other gyms, coaches, judges, etc. You never know who's sitting next to you, maybe even the parents of a gymnast you just made a comment about.
11. ONLY coaches can determine the competitive readiness of the athlete. Coaches reserve the right to scratch any child from a meet or event at any time prior to or during a meet.
12. Gymnasts must sit with their team throughout the ENTIRE AWARDS CEREMONY. DO NOT LEAVE UNTIL AFTER TEAM AWARDS if they are handed out after your session-- some meets won't hand out the team award until the last session of that level if there are multiple sessions of the same level. Coaches are usually not at the awards ceremony due to having back-to-back sessions or extremely long coaching days. Please take pictures and share them on our Facebook page so we can share the memories!
13. Parents are expected to carry themselves with dignity and respect, win or lose. Be aware of your surroundings as everything you say and do directly reflect you, your child, and TNT Gymnastics. Behavior that is negative, aggressive, arrogant, etc. is considered inappropriate. Warnings will be given for first offenses. Ongoing or extreme cases may jeopardize your gymnast's current and future membership with TNT Gymnastics.
14. All gymnasts and their parents are expected to display good sportsmanship AT ALL TIMES!
15. Families should show team unity by wearing TNT Gymnastics clothing to competitions and events. Spirit wear can only be purchased and ordered through the TNT Gymnastics.

## Championship Qualifiers

USA Gymnastics holds Wisconsin State Championships for Levels 2-10. Levels 6-10 and Xcel athletes have the opportunity to qualify and advance from State to Regional Championships. Level 8-10 athletes and beginning in 2018 Xcel athletes have the opportunity to advance to Nationals based on their placement at Regionals. We would like all gymnasts and families to know that State, Regional and National Championships are a privilege and not a right. Qualification scores may vary by year and differ by level and are set by USA Gymnastics. This does not impact whether you will advance to the next level. Judges and coaches must follow a by-the-book list of requirements and deductions where gymnasts are expected to execute routines and skills seamlessly. Gymnastics is a sport based on perfection. We ask that you respect your coaches' decision and use it as a learning opportunity to keep working to improve.

## Level Advancement

Our advancement policy is not "etched in stone" due to the variety of circumstances involved. Our main priority is to build happy, healthy, and confident athletes with strong basics. We can be sure to meet this goal by placing each gymnast at the level where they can comfortably and safely perform the required skills. USA Gymnastics states that "The USAG Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely." Before a gymnast can move to the next level, they need to demonstrate that they can be competitive at their current level and have mastered the next level skills. Although Xcel is more flexible and forgiving, we don't want gymnasts moving up unless they are approved ready by their coach. **Level advancement cannot be compared to moving up grades in school, nor can we guarantee a gymnast will move on to the next level each season.** Gymnasts will advance at the time in the season that is deemed appropriate by the coaches. We would like to assure you that it is common to remain in the same level for multiple seasons. On the other hand, should a gymnast be highly advanced outside her level, it may also be attainable for that gymnast to jump a level. TNT Gymnastics must maintain the integrity of the USAG program, its policies, procedures and standards. As the gymnastics professionals, it is our duty to protect what we feel is in the best interest of the program and the athlete's development.

At the end of each competitive season, your coaches will either recommend you to remain in your current level or invite you to move up to the next. You are never forced to move up should you feel that you are not ready or mature enough for the next level. Level mobility is determined based on, but not limited to, scoring and placement at your current level, understanding and mastery of next level skills, mental attitude, strength and flexibility, attendance and work ethic, maturity, and emotional standing. Due to the fact that we are unable to predict a child's advancement, be advised that any gymnasts' level assignment is subject to change at any time. We request that you respect and trust your coaches decision as we aim to do what is best and safest for each gymnast at this current moment in their gymnastics career. We are setting our goals high in an effort to prepare our girls properly for the higher levels of gymnastics. With each

level of gymnastics comes increasingly harder skills and an increased level of risk. It is in the best interest of your child that you avoid being blindsided by your own ambitions for your child.

### **Practicing with Team and Leaving the Gym**

It is the TNT Gymnastics policy that if a child chooses that they no longer want to compete then they can still practice with team as long as space allows. The only exceptions to this rule is if the coaches feel that a child is not ready to compete, if a gymnast is injured to where her work outs are limited until her injury subsides and she is ready to compete again, or if they are a part of a high school team. Take into perspective that team gymnastics is a competitive sport; therefore, not attending competitions is the same as signing up for basketball and sitting on the bench during the games.

Should you ever feel there is a problem involving your athlete and the gym, you are expected to discuss the issue with us privately before making any immediate decisions. It is not up to the coaches to come find your gymnast and get them to practice, our focus and attention will be with those that choose to come to practice and continually put forth their best effort. Know that our doors are always open, and our coaches and staff are here to help you. However, if our coaching staff is not aware of any concerns, we cannot help the situation. With that being said and after you've met with the coaches, should you still feel the need to leave the gym, we request a private meeting or phone call with the family and gymnast with an explanation and agenda. Know that our coaches and staff put a great amount of energy, time, and effort into each and every one of our students; therefore, losing a student is an enormous disappointment to the gym, its coaches, and the gymnasts' teammates. Any gymnast who leaves the team for any reason may be allowed to return to Team one time only, at the discretion of the gym owners and coaches. The second time is final. In severe cases should you be asked to leave TNT Gymnastics, you will not be permitted to return. NO TEAM MEMBER may train with another club while representing TNT Gymnastics. This is not fair to your coaches or your teammates who are loyal to TNT Gymnastics. If a TNT coach finds out that you're training at another club you will be given a warning and will be asked to stop training elsewhere. If you fail to follow our request you will be asked to leave TNT, no exceptions.

## **Important Information**

At TNT Gymnastics, we strive to keep an open line of communication and to make sure our families are up to date on what's happening. All Team families should have a current email on file as we send out reminders, important information, and upcoming deadlines. If you are not receiving our emails, you should check your registration form at the front desk. Other important places to check are our team bulletin board, the gym website (under competitive team), and our social media sites, as these will often have important reminders, updates, etc. We recommend that you utilize our website often as our "Competitive Team" tab offers most of your need to know information including practice schedules, competition schedules, and more! While we encourage you to ask questions, please make sure to check your given resources first as your answer may already be available to you. Under NO circumstances are you permitted to contact a coach outside the gym for any reason. If you have a question or concern about something that happened at practice or a competition, you are to contact the gym to set up a meeting to discuss the issue.

### **Contact Information**

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